

The Glan Gwna 120km (ascent)

Speed 14kph min to 25kph max. BP.

Start Route 66 Cafe GlanGwna HOLIDAY Parc Caeathro, Caernarfon LL55 2SH

08:30 Sunday Jun 9th 2024 *Chester and N. Wales CTC event to Audax UK Regulations*

Caeathro to Aberdaron 54 Km

Leave the Holiday park to turn L onto A4085
Soon (2nd) Rt onto Tia GlanGwna no sp
R at T no sp 1.5km
L at RAB onto A487 Sp Porthmadog 3km
SO at RAB, 5km; 2nd exit at RAB sp
Pwllheli A499 6km
Cycle route on LHS for all its length
recommended. thro' **Clynnog Fawr** 15km
to RAB at 21km
where R Sp **Nefyn** B4417
32 km in Nefyn R SP **Aberdaron** B4417
48km R onto B4413 Sp **Aberdaron**
Control in **Aberdaron** Cafes & shops **54km**

Aberdaron to Pwllheli- 35Km

Uphill out of town past church Sp **Rhiw** and
Eglwys. (NCN 43) Follow B4413 through **Rhiw**
(68km)
74km R Sp Llanbedrog
@ Mynytho 77km fork L to stay on NCN42
School signs either side
79km R at T sp NCN 42
Info Steep descent but how steep?
83km R onto NCN 41 (42 goes L) descend into
Control in **Pwllheli** many shops etc **89km**

Pwllheli to Pant Glas 21km

Retrace up hill out of town SO at first ~X to R
in front of Salam Chapel soon L at T onto
Caernarfon Rd A499 98.5
Follow up hill SO X roads at **Y Ffor** to turn R
500m later No Sp 94km
(Large stone barn & bus stop here)
L Sp **Pencaenewydd** 95.5km

In Pencaenewydd SO at X onto NCN40 96km
follow NCN40 to L turn 102km
104km another L turn off NCN40 sp Clynnog
Fawr
107km R turn no Sp, towards **Pant Glas**
Descend short hill to sharp L hand bend soon
onto cycle track NCN8 **108km INFO**

Alternative route at 104km - SO to follow
Cycle route 40 soon L through farm yard on
NCN40 and to **Bryncir** (small ind units) here
on to NCN8 back towards Caernarfon and see
info at Pant Glas.

*Cafe at garden centre close by onto main A487
turn R South for 400m (10am to 4pm)*

.Pant Glas to Caeathro 18km

Follow NCN8 on a gentle descent adjacent
to the A487 through Groeslon to arrive at
the Goat RAB 119km
R just before RAB in front of the old Goat
Hotel in Ty Hen. Here cross the new A487
bypass to then crowd and follow the old
road road; Sp Caernarfon /Bontnewydd
now A4871, last time I passed here Sp still
said A487 but single carriageway)
(3rd exit at RAB affectively)

Cross 1 small RAB to descend into

Bontnewydd

*(You could use the NCN8 for another 2km
should you prefer but now as the road is
bypassed I do not)*

123km In Bontnewydd R at RAB sp
Llanberis

Pass Gypsy wood at top of the hill fork L
no Sp 125km

L at T in Caeathro soon Rt into Glan Gwna

Control at Poolside Bar on the L opposite
where you started from

R=right; L=left; T= T junction; sp=signpost;
@=at; place name in **bold** type---you go
through named place; RAB roundabout

V1 04/24